GLOBAL GRIEF NETWORK | LEARNER TOOLS

Worksheet: Carrying Them With Me

Worksheet | Love That Stays and legacy



About this page: Many people stay connected to someone who has died through values, stories, rituals, and everyday habits. GGN calls this Love That Stays. This worksheet invites you to name what you want to carry forward. If your relationship was complicated, you can also name what you choose to set down.

Their name

Who they were to me

What I carry forward

Area	What I want to carry forward
A value they lived by	
Something they taught me	
A saying or phrase of theirs	
A habit, skill, or recipe	
A place that connects us	
A cause or interest they cared about	

Something from our relationship that I choose to set down or not repeat

Ways to stay connected

- ☐ Say their name in conversation
- ☐ Mark their birthday in a new way
- ☐ Support something they cared about
- ☐ Share stories with others who knew them
- ☐ Keep an object of theirs close
- ☐ Cook or make something of theirs
- ☐ Talk or write to them
- ☐ Something else that fits me

One way I will carry them with me this month

> **In immediate danger: call 911. 988 Suicide & Crisis Lifeline:** call or text **988** (US). Elsewhere, use your local emergency number and crisis line.

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